

Psychological Disorders

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Introduction Scenario

- A woman previously diagnosed with a psychological disorder was caught on videotape stealing a police car. The police officers used restraint, even after she threatened them with what appeared to be a weapon, and took her into custody unharmed. After the incident, her husband appealed to lawmakers to change the law that allows someone who has been diagnosed with a psychological disorder to refuse treatment. The woman's family believed that the incident could have been avoided if they had been allowed to admit her for psychiatric care.

Questions

- Should the laws be changed?
- Under what circumstances should someone's caregivers be able to force treatment?

How do psychologist distinguish
the normal from the abnormal?

Deviation from Normality

- Abnormality is any deviation from the average or from the majority.
- Different cultural norms must be taken into consideration
 - Norm: Rules defining appropriate and inappropriate behavior



Adjustment

- Normal people are able to adjust in the world
 - Physically
 - Emotionally
 - Socially
- Abnormal people are the ones who fail to adjust



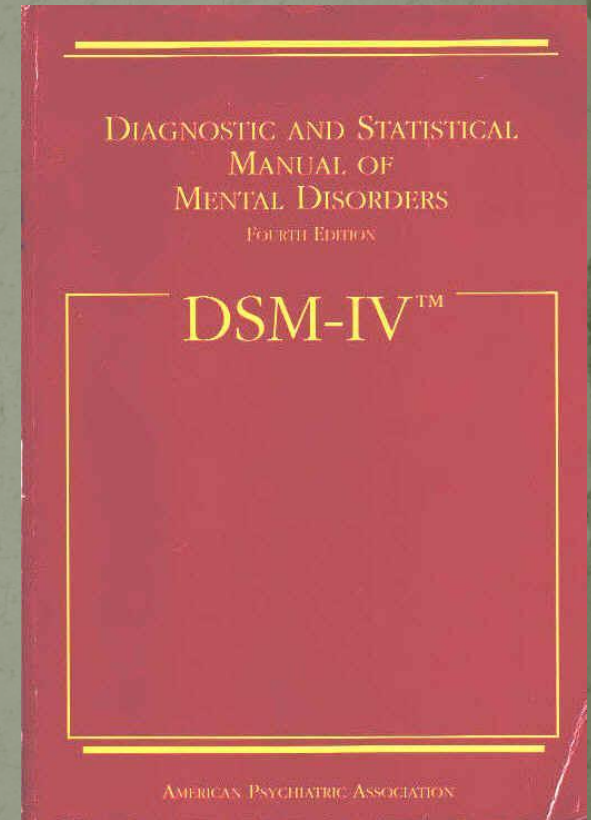
Psychological Health

- Normal and healthy
 - Imply that psychological disturbance or abnormality is like a physical sickness
 - Person who is function ideally or who is at least striving toward ideal functioning
 - Maslow and Carl Jung: Self-Actualization



Classification

- The way psychological disorders are discovered and diagnosed
- DSM-IV
 - 5th version of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders



DSM-IV

- Axes

- I

- Classify current symptoms into specific defined categories

- II

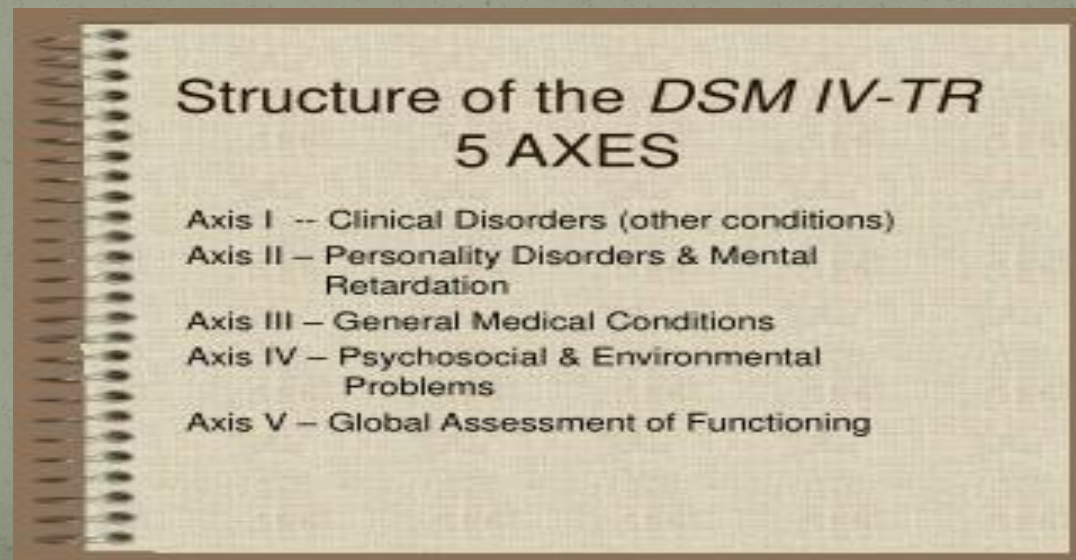
- Described developmental disorders and long-standing personality disorders, maladaptive traits

- III

- Describe physical disorders or general medical conditions that could be causing syndrome in I or II

DSM-IV

- IV
 - Measurement of current stress level
- V
 - Describe the highest level of adaptive functioning present within the past year



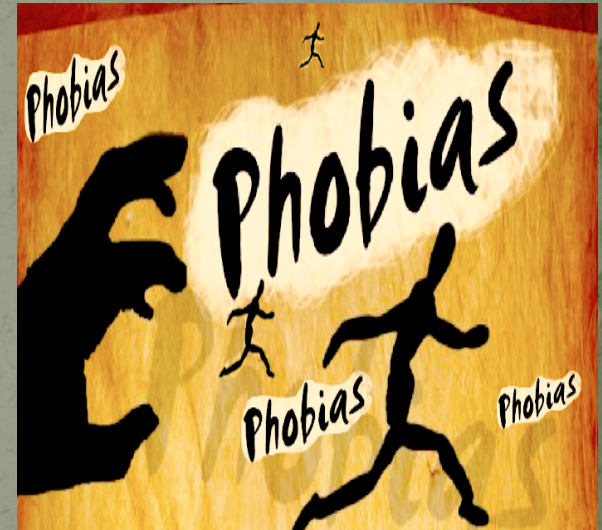
Anxiety Disorders

- Most common type of mental illness
- Anxiety
 - A vague, generalized apprehension or feeling that one is in danger
- Panic attacks
 - Choking sensations, chest pain, dizziness, trembling, and hot flashes



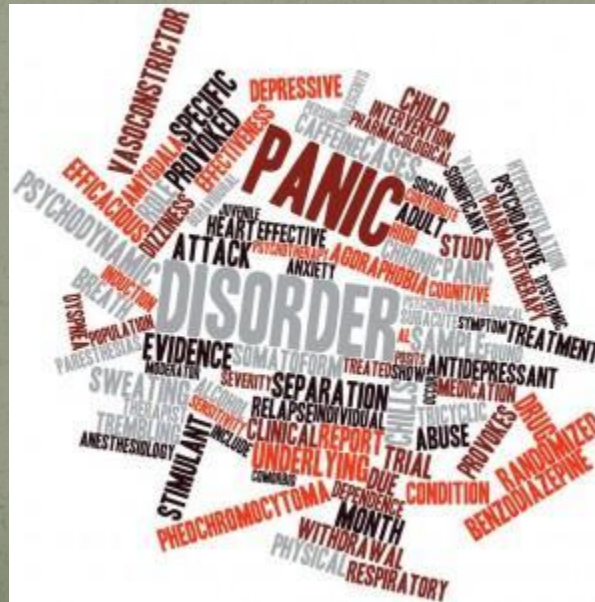
Phobic Disorder

- Phobia
 - An intense and irrational fear of a particular object or situation
- Specific
 - Focus on almost anything
- Social
 - Fear they will embarrass themselves in public place or social setting
- Agoraphobia
 - People suffering from an extra fear of being in a public place

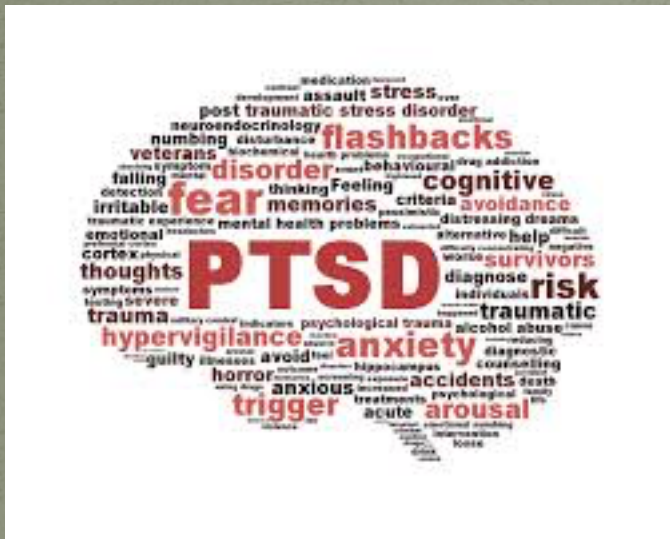


Panic Disorder

- An extreme anxiety that manifest itself in the form of panic attacks
- Might feel sudden and unexplainable attacks of intense anxiety
- Sense of smothering, choking, difficulty breathing, nausea



Post- Traumatic Stress Disorder

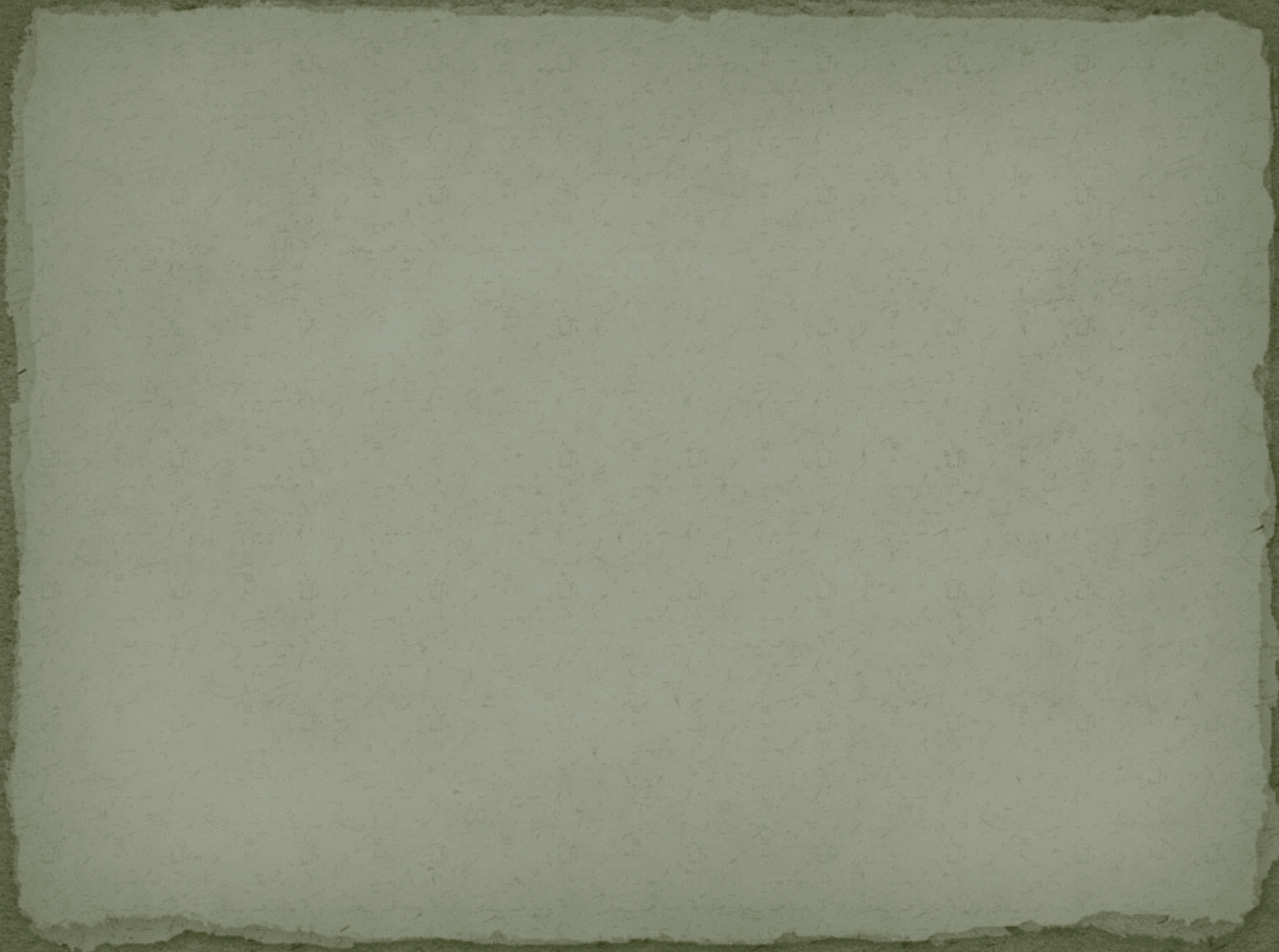


- Disorder in which victims of traumatic events experience the original event in the form of dreams or flashbacks
- Common among veterans or survivors of acts of terrorism, natural disasters or other catastrophes
 - Involuntary flashbacks or recurring nightmares

Obsessive-Compulsive Disorder

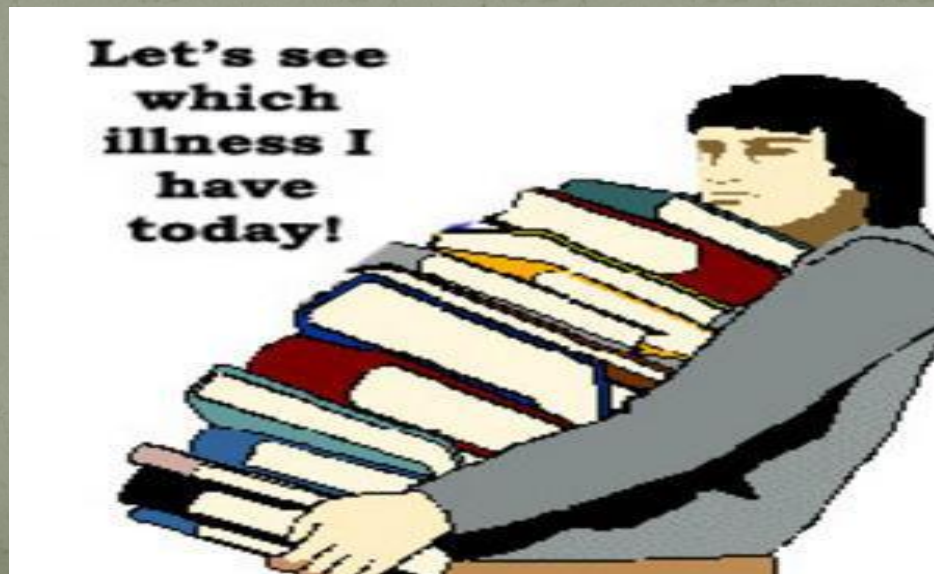
- Obsessive: Person suffering from acute anxiety may think the same thoughts over and over.
- Compulsions: Repetitive coping behaviors





Somatoform Disorders

- Physical symptoms brought about by psychological distress
- Somatoform Disorder
 - A condition in which there is no apparent physical cause



Conversion Disorder

- Conversion of emotional difficulties is not the loss of a specific physiological function



Hypochondriasis

- Person who is in good health becomes preoccupied with imaginary ailments



Dissociative Disorders

- Dissociative Disorder
 - Where a person experiences alterations in memory, identity, or consciousness
- Dissociative Amnesia
 - Inability to recall important personal events or information; is usually associated with stressful events



Dissociative Disorders

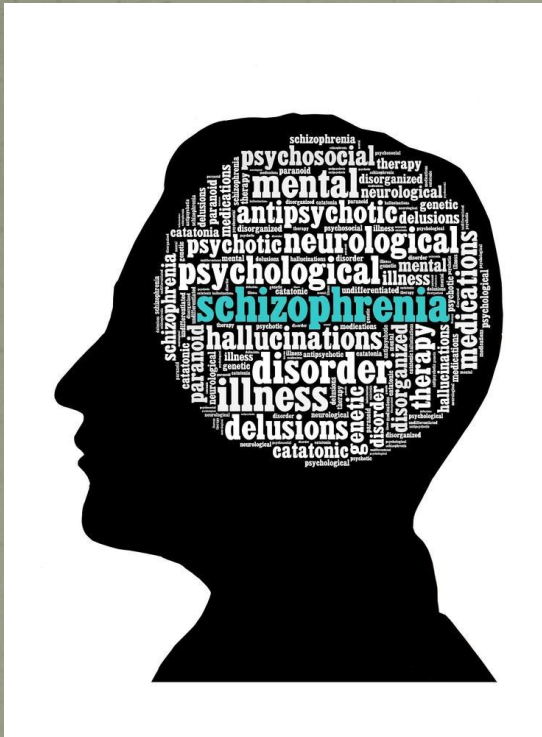
- Dissociative Fugue
 - A person suddenly and unexpectedly travels away from home or work and is unable to recall the past
- Dissociative Identity Disorder
 - Person exhibits two or more personality states, each with its own patterns of thinking and behaving

Schizophrenia

- Group of disorders characterized by confused and disconnected thoughts, emotions, and perceptions
- Delusions
 - False beliefs that a person maintains in the face of contrary evidence
- Hallucinations
 - Perceptions that have no direct external cause



Types of Schizophrenia



- Paranoid
 - Involves hallucinations and delusions
- Catatonic
 - Remain motionless for long periods
- Disorganized Type
 - Incoherent language, inappropriate emotions, giggling for no apparent reason

Types of Schizophrenia

- Remission
 - Symptoms are completely gone or still exist but aren't severe enough to have earned a diagnosis of schizophrenia
- Undifferentiated
 - Basic symptoms



Causes of Schizophrenia

- Biological
 - Genetics highly involved in causing schizophrenia
- Biochemistry and Physiology
 - Proper working of the brain
 - Chemical imbalances in the brain
 - Dopamine hypothesis
- Family and Interactions
 - Family situations in childhood

Mood Disorders

- Major Depressive Disorder
 - Severe form of lowered mood in which a person experiences feelings of worthlessness and diminished pleasure or interest in many activities



Bipolar Disorder

- Individual alternated between feeling of mania (euphoria) and depression
- Manic Phase
 - Person experience elation, extreme confusion, distractibility and racing thoughts
- Depressive Phase
 - Overcome by feelings of failure, sinfulness, worthlessness, and despair



Seasonal Affective Disorder

- People who develop deep depression in the midst of winter



Causes of Mood Disorders

- Personality traits
- Amount of social support
- Ability to deal with stressful situations



Causes of Mood Disorders

- Aaron Beck
 - Depressed people draw illogical conclusions about themselves
- Seligman
 - Depression is caused by a feeling of learned helplessness

Personality Disorders

- Maladaptive or inflexible ways of dealing with others and one's environment



Antisocial Personality

- A personality disorder characterized by irresponsibility, shallow emotions, and lack of conscience
- Treat people as object
- Violating the rights of others without feeling remorse



Drug Addiction

- Psychological Dependence
 - Use of a drug to such an extent that a person feels nervous and anxious without it
- Addiction
 - A pattern of drug abuse characterized by an overwhelming and compulsive desire to obtain and use the drug
- Tolerance
 - Physical adaptation to a drug so that person needs an increased amount in order to produce the original effect
- Withdrawal
 - Symptoms that occur after a person discontinues the use of a drug to which he or she has become addicted